

# CxMP<sup>TM</sup>

**HR232  
Heart Rate Monitor  
User Manual 1.0**



**[www.cxmp.com](http://www.cxmp.com)**

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**For Chinese Manual, please download it at [www.cxmp.com](http://www.cxmp.com)**

## GETTING START

Thank you for using our heart rate monitor HR232, it uses advanced wireless data transmission technology to transmit your heart rate information to the watch unit so that user can understand their heart rate performance against exercise conditions. Exercise Profiles, like lap or down counting, are provided for various user requirements. Those collected data will also be shown at the data log of the watch. User can read and understand their body condition easily.

**IMPORTANT:** This is the product for the purpose of sport only. It is not intended to replace any medical devices.

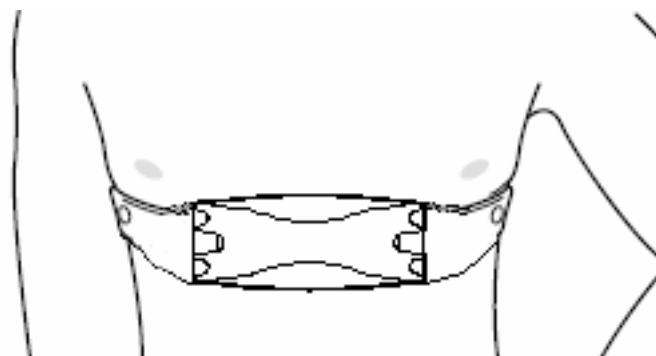
## PRODUCT ELEMENTS

The package consists of following elements:-

**Chest Strap** – It transmits your heart rate signal to the HRM watch.

Before measuring your heart rate, you need to wear the chest strap in following procedures.

- Moisten the strap of the chest strap by water.
- Put the chest strap around your chest and adjust the length of the band so as to feel snug and comfortable.



**HRM Watch** - It records the relevant heart rate information under the EXERCISE / STOPWATCH TIMER and COUNT DOWN TIMER MODE.

**Battery** - This product used CR2032 (3V Lithium battery) x 2pcs (Already installed in both Chest Strap and HRM Watch)

## HEART RATE MONITOR

### BUTTONS

1. BACKLIGHT/OPTION [OPTION/\*]
2. MODE [MODE]
3. UP/+ / START / STOP [< / START]
4. DOWN/- / LAP / RESET [LAP / >]



To simplify the user manual, the button name will follow the below table :

BUTTON	REPRESENTATION NAME
BACKLIGHT/OPTION	OPTION
MODE	MODE
UP/+ / START / STOP	START
DOWN/- / LAP / RESET	LAP

## DISPLAY

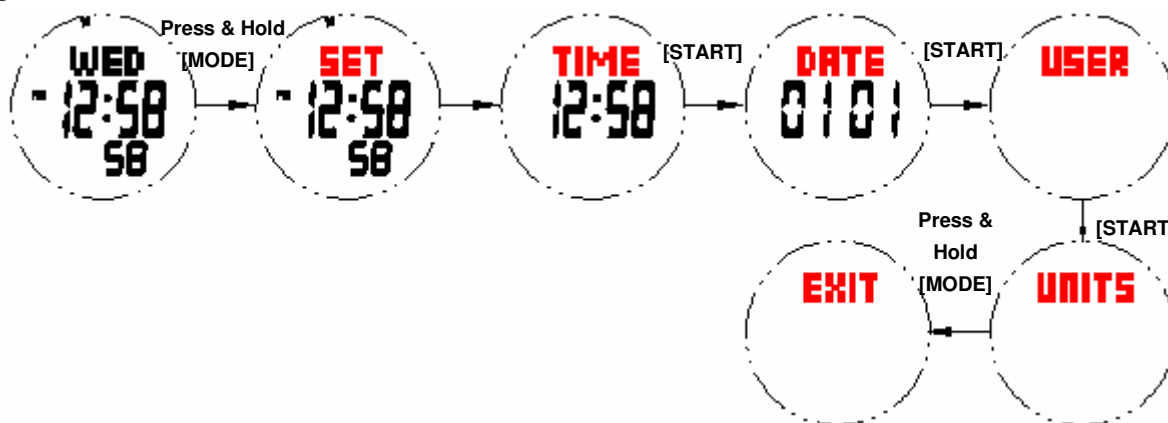
1. ❤️ Heart Rate Indicator
2. 🔔 Alarm On/Off Indicator
3. **PM** Afternoon Time Indicator
4. **MAX** Maximum Value Indicator
5. **AVG** Average Value Indicator
6. ▲ Value Increasing Indicator
7. ▼ Value Decreasing Indicator



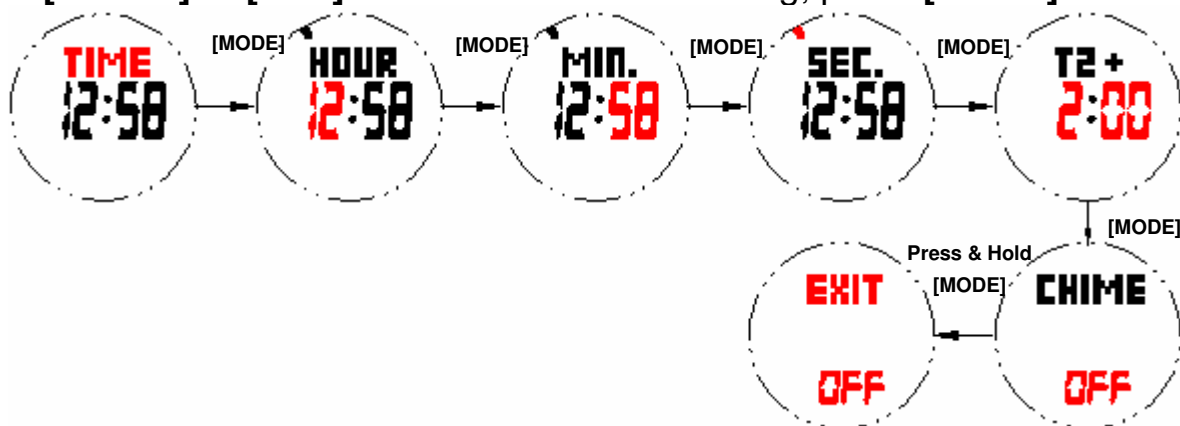
## START USING THE WATCH (THE FIRST USE)

After removing the packing, user can adjust the information stated on the watch if it needs.

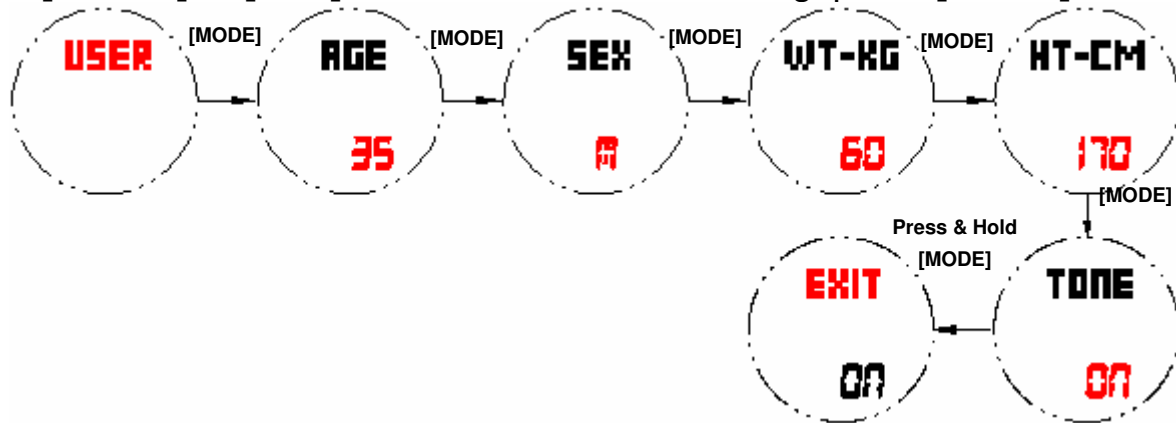
- Press and Hold **[MODE]** under the time mode can adjust the TIME, DATE, USER and UNITS. Press **[START]** or **[LAP]** to choose different settings. Press **[MODE]** to confirm.



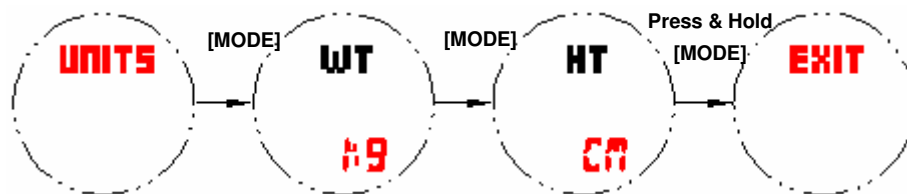
- Press **[START]** or **[LAP]** to choose the **TIME** setting, press **[MODE]** to enter.



- Press **[START]** or **[LAP]** to choose the **USER** setting, press **[MODE]** to enter.



- User should set the SEX, AGE, HEIGHT and WEIGHT. This is to make sure the user can obtain accurate health information - calorie consumed and heart rate(s) summaries, during the exercise.
- Besides, it can calculate the BMI value, and three suggested ranges of heart rate for training. User can use those calculated information to perform own training.
- User can get the information on the section of the “**Heart Training Information**”
- User should use **[START]** or **[LAP]** to choose the **UNIT** setting, press **[MODE]** to enter.



- Press **[MODE]** to quit settings and jump back to the main screen.

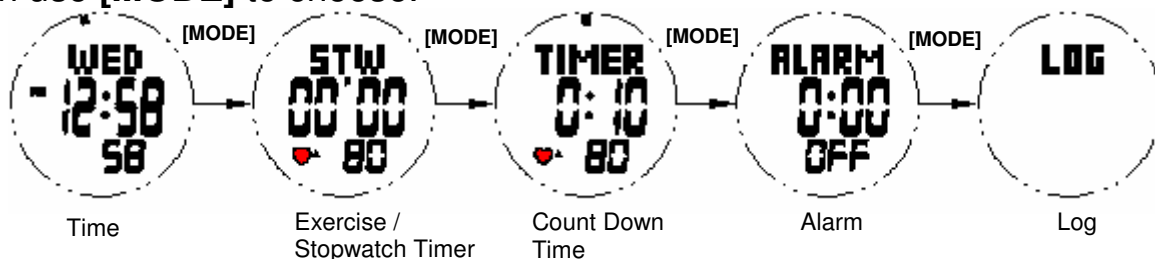
Note : The Gray colors values shown are values that are under blinking.

## MODE SELECT

Heart Rate Monitor Watch has totally 5 operation modes :

- Time Mode
- Exercise / Stopwatch Timer (STW) Mode
- Count Down Timer (TIMER) Mode
- Alarm Mode
- Log Mode

User can use **[MODE]** to choose.



## GENERAL EDIT PROCEDURE

In some screens, user can adjust some settings according to its necessary.

- Press and Hold **[MODE]** to enter the setting.
- Press **[START]** to adjust the blinking digit with an increase of 1, press and hold it to increase it faster.
- Press **[LAP]** to adjust the blinking digit with a decrease of 1, press and hold it to decrease it faster.
- Press **[MODE]** to jump to next screen.

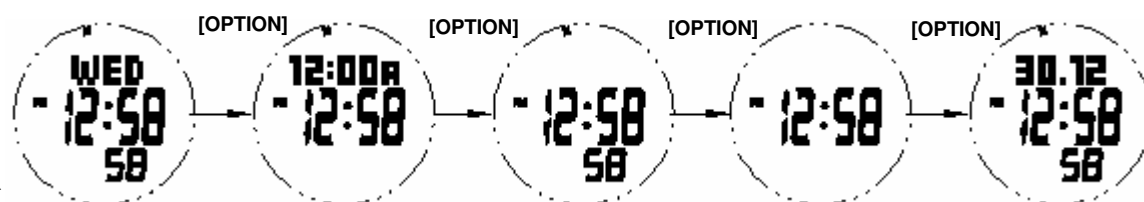
Note : The setting screen will quit automatically if there is no key pressing within 5 minutes.

## TIME MODE

- This is the first screen after the start up of the watch.



- It shows the default time and the day of the week.
- User can choose the desired view from the pre-defined time view formats.
- Press **[OPTION]** to change the pre-defined time view formats.

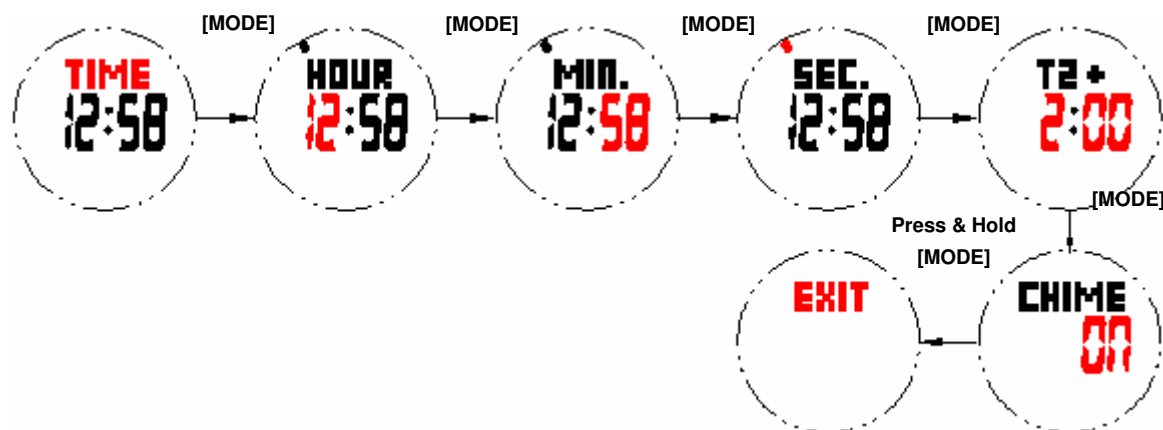


The below format shows various predefined time view format:

Time View Format	Operation
Display "Time" and "Day of the Week"	Press [OPTION] to change
Display "Time" and "Dual Time"	
Display "Time" only	
Display "Time" (Not include seconds) only	
Display "Time" and "Date (Include Date and Month)"	
12/24 Hour Format	Press [LAP] to change

## TO SET THE TIME

- Press & Hold **[MODE]** to enter the setting screen, press **[MODE]** again to select **TIME**.
- The order of setting is: Hour (HOUR), Minute (MIN), Second (SEC) and Dual Time Difference (T2+)
- Default Hourly Chime (CHIME) is "OFF", a beep sound will be heard when the minute digit arrives 00.



- Press **[START]** and **[LAP]** to adjust the values.
- Press **[MODE]** to jump to next screen, press & hold **[MODE]** to confirm.

Note : The Gray colors values shown are values that are under blinking.

## TO SET THE EXERCISE / STOPWATCH TIMER

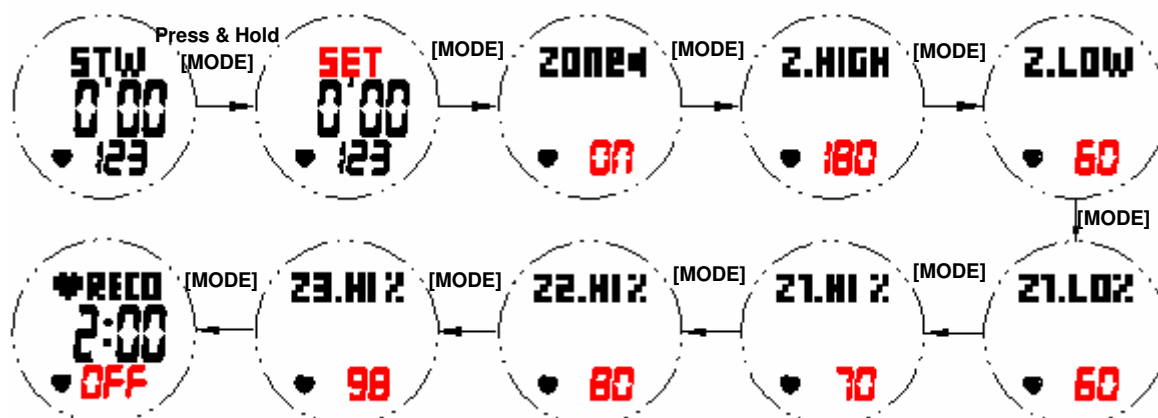
Experienced user can perform the training zone (ZONE) and heart rate recovery (RECO) settings in advance.

- Press & Hold **[MODE]** to enter the heart rate information setting.

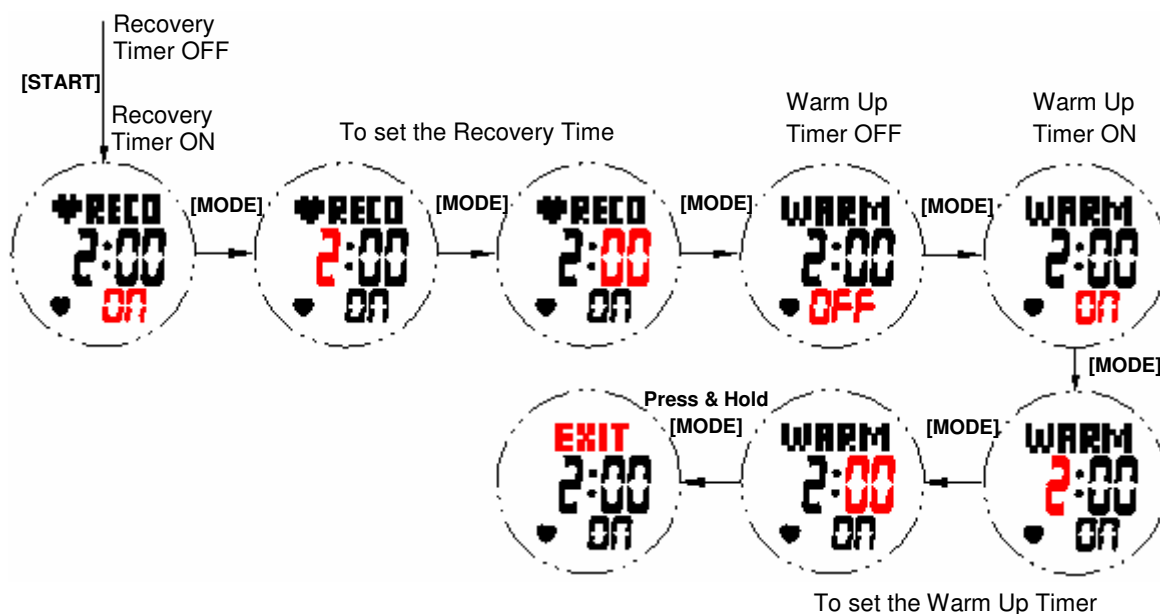
A beep sounds when the measured heart rate is higher / lower than the preset maximum / minimum heart rate respectively when this function is set ON

Target Upper Heart Rate of the Highest Zone (Refer to Heart Training Information Graph 1)

Target Lower Heart Rate of the lowest Zone (Refer to Heart Training Information Graph 1)



ZONE1-3 Range Setting (Refer to Heart Training Information Graph 2)

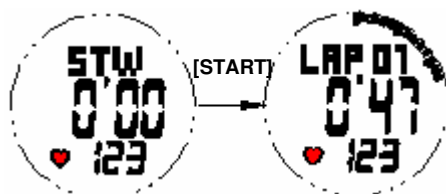


- Press **[START]** or **[LAP]** to adjust values, press **[MODE]** to jump to next screen.
- Press & Hold **[MODE]** to confirm.

Note: User can get the information on the section of the “**Heart Training Information**”

## EXERCISE / STOPWATCH TIMER

Stopwatch timer is to perform lap taking and corresponding time counting(s). The heart rate will be displayed at the lower part of the stopwatch after wearing the chest strap.



Note: Please wear the chest strap properly if there is no heart rate detected after wearing.

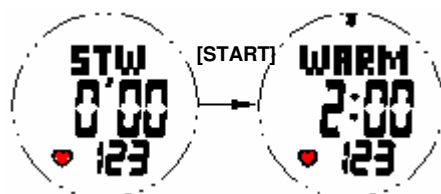
If the watch shows the following screen finally after the heart rate is displayed, please re-enter either the stopwatch or count down timer mode again as the heart rate signal is disconnected for a short period of time.



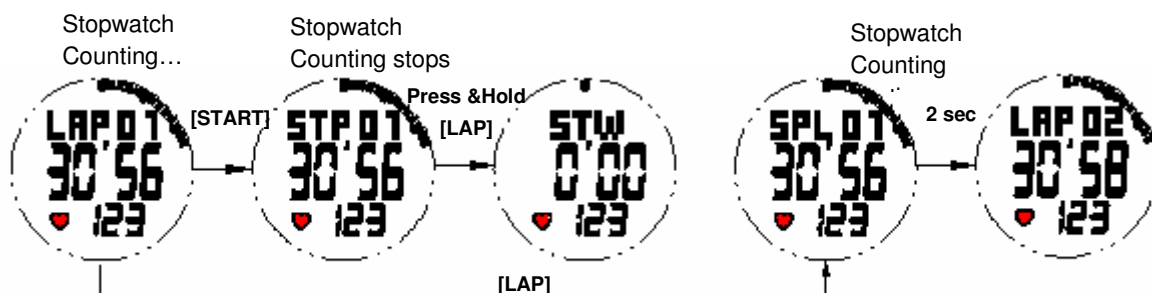
There is a warm up timer to treat as the time required for user to have warm up exercise (Default – OFF).



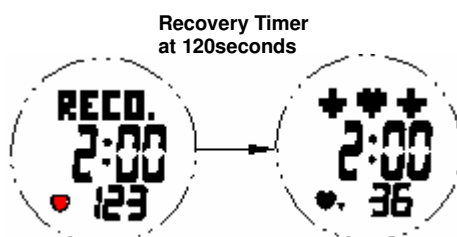
- It will immediately jump into the warm up exercise timer if it is set ON after pressing **[START]**.



- Press **[START]** again can quit the warm up exercise mode, a beep sounds and the lap counting starts immediately.
- Press **[START]** will stop the stopwatch counting or **[LAP]** to show the “SPLIT” time. It will automatically jump back to stopwatch counting after 2 seconds.

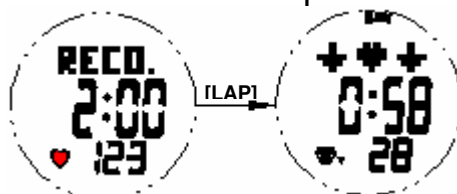


If the “Recovery” is set ON, press **[LAP]** after stopwatch counting stopped will start the “Recovery Timer”. You can see the heart rate dropped during that recovery period.



It represents that it drops 36BPM after the Recovery Timer is completed.

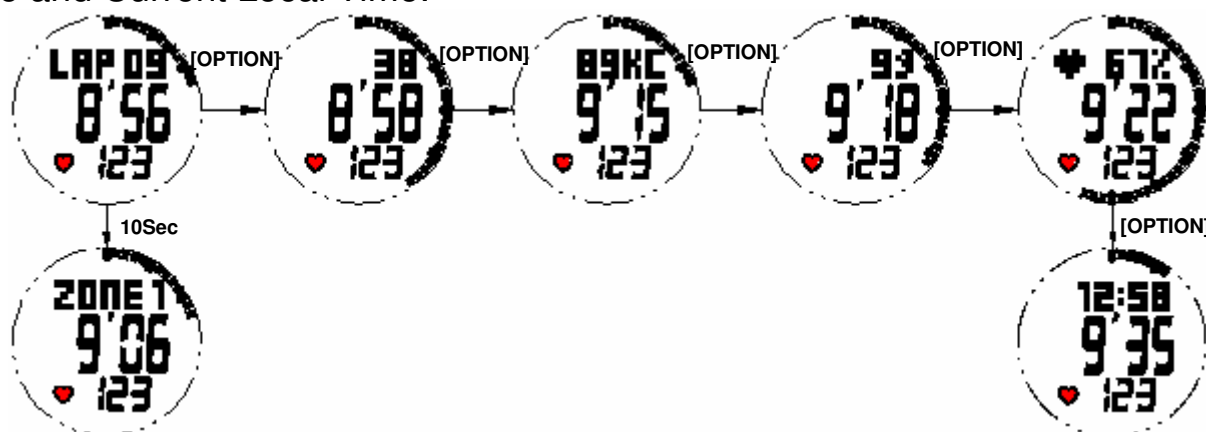
- During the “Recovery Timer” period, press **[LAP]** will pause the recovery time and show the heart rate dropped within that time period.



It represents the heart rate dropped after running 58 seconds of the recovery timer. It drops at 28 BPM.

## TO VIEW THE EXERCISE / STOPWATCH TIMER DETAIL

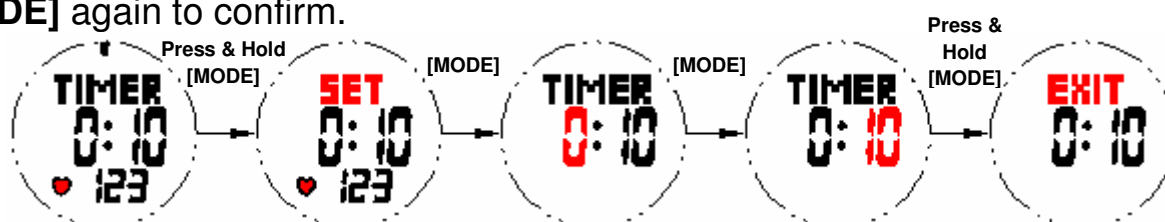
- Press **[OPTION]** at any time during the exercise will display different information: lap number, Chronograph, Calorie Consumed, Fat Burned, Maximum % of Heart Rate and Current Local Time.



## TO SET THE COUNT DOWN TIMER

You are requested to set the count down timer before using it.

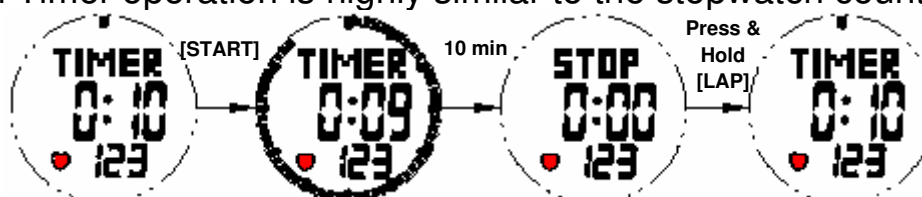
- Press & Hold **[MODE]** to start the count down timer setting, the order of setting is HOUR and MINUTE, press **[START]** or **[LAP]** to adjust the time. Press & Hold **[MODE]** again to confirm.



## COUNT DOWN TIMER

Count Down Timer is to perform the heart rate training within a specified time. It will have beep sound when the count down time is completed.

- Count Down Timer operation is highly similar to the stopwatch counting.



- Press **[START]** at any time during counting to pause the timer, press **[START]** again to continue.



If the “WARMUP Timer” and “RECOVERY Timer” are both set ON.



- It starts the count down timer when the warm up time is completed.
- It starts the recovery timer when the count down timer is completed. It will display the heart rate dropped after the recovery timer is completed.

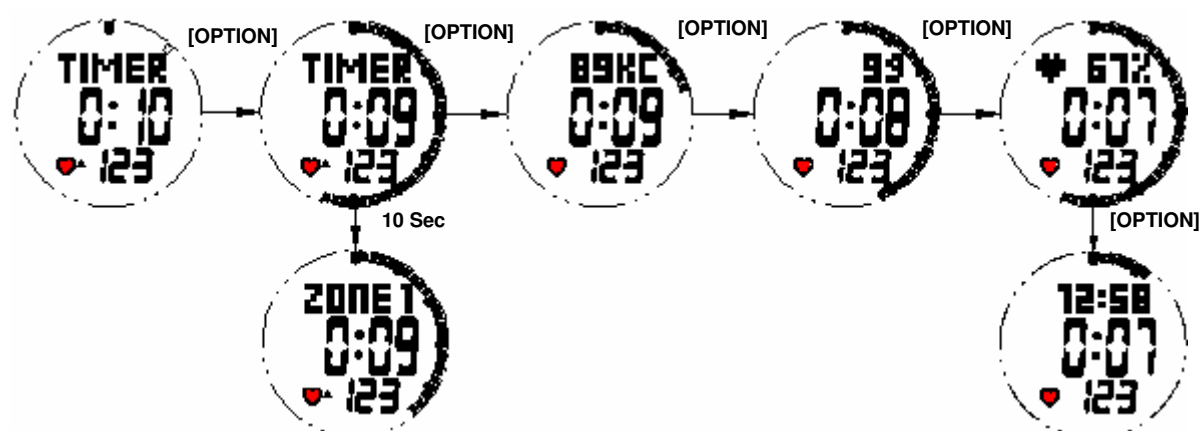
Note: Since the warm up and recovery timer are used together in both stopwatch and count down timer, the adjustments of these two timers are effective on both timers too.

To reset the count down timer, press & hold **[LAP]** at any time after the count down timer is finished.

## TO VIEW THE COUNT DOWN TIMER DETAIL

Same as the stopwatch counting, the zone level will be measured and displayed on the screen.

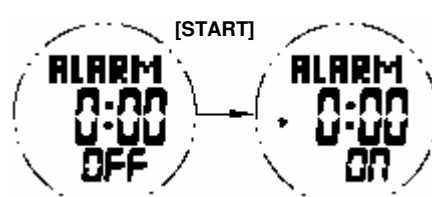
- Press **[OPTION]** at any time during the exercise will display different information: the Calorie Consumed, Fat Burned, Maximum % of Heart Rate and Current Local Time.



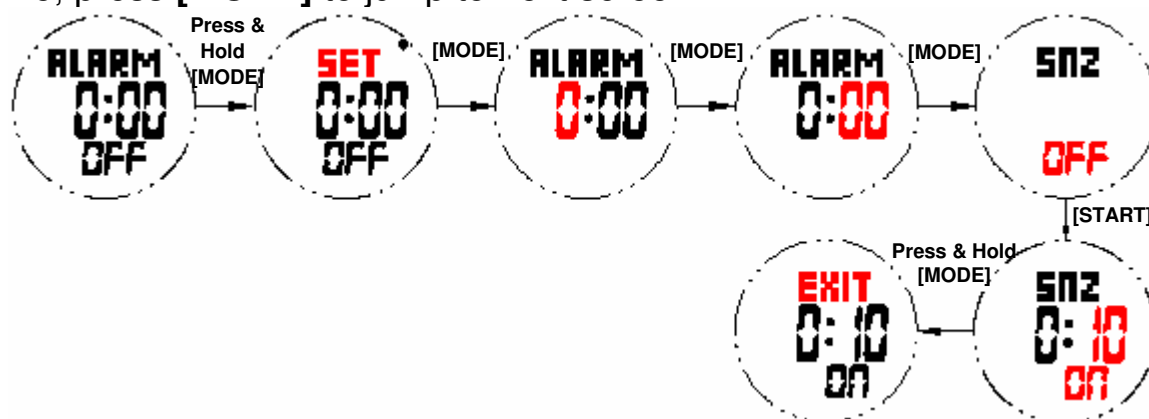
## TO SET THE ALARM TIME

The Alarm is set OFF on default status, you are requested to set the alarm time before use.

- Press **[START]** in the Alarm mode to activate or deactivate the alarm.



- Press & Hold **[MODE]** to start the alarm setting. Press **[START]** or **[LAP]** to adjust the time, press **[MODE]** to jump to next screen.



## TO SET SNOOZE FUNCTION

To activate the snooze function, you need to set SNZ ON during the alarm setting.

- Press **[START]** or **[LAP]** to adjust the snooze time, press **[MODE]** to jump to the next screen.
- Press & Hold **[MODE]** to confirm the setting, alarm function will be automatically activated.

## ALARM TIME ARRIVED

The alarm sounds daily when the alarm function is set and time arrives, press ANY KEYS can stop the alarm sounds.

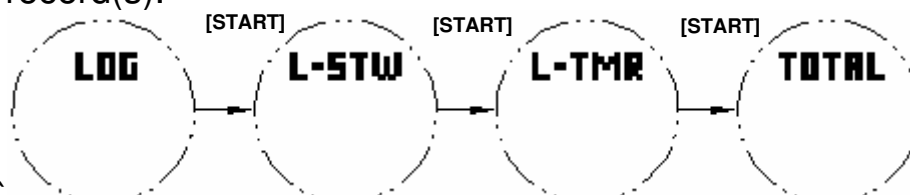
- If the snooze function is activated, press **[OPTION]**, **[START]** or **[LAP]** to confirm the snooze function. The alarm will sound again when the snooze time is passed.
- Press **[MODE]** to turn off the snooze function.

## LOG

User Log is to check back the user record. It includes the cumulative record (TOTAL), exercise / stopwatch counting (L-STW) and count down timer counting (L-TMR), from the date that the memory being cleared.

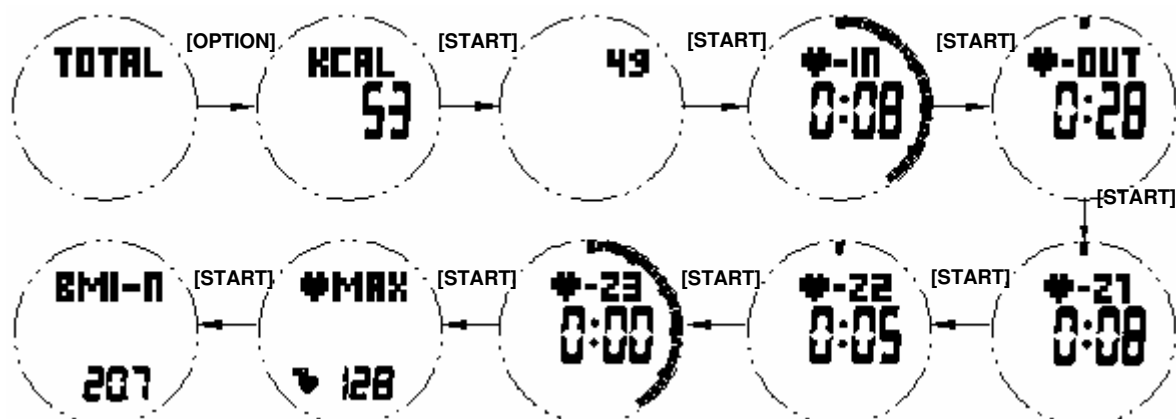



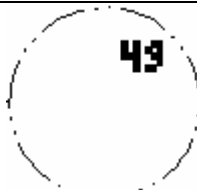

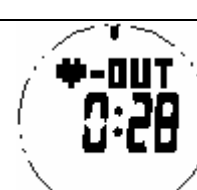
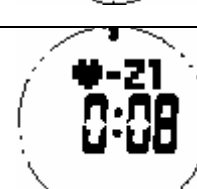
- Press **[START]** or **[LAP]** to select record type, press **[OPTION]** to display the related data record(s).



## TOTAL RECORD

Information includes Calorie Consumed, Fat Burned, Heart Rate In-zone and Out-zone Time, Time consumed within each zone, Maximum Heart Rate recorded and BMI values. Those information are recorded from the first use or the date the memory being cleared.



	Total Calorie Consumed
	Total Fat Burned
	Time Consumed inside the Hi-Lo Zone
	Time Consumed outside the Out-Lo Zone
	Time Consumed within the Zone 1

	Time Consumed within the Zone 2
	Time Consumed within the Zone 3
	Maximum recorded heart rate
	BMI Index

- Press **[OPTION]** to view detailed information, press **[START]** or **[LAP]** to view other related information.
- Press **[MODE]** to quit.

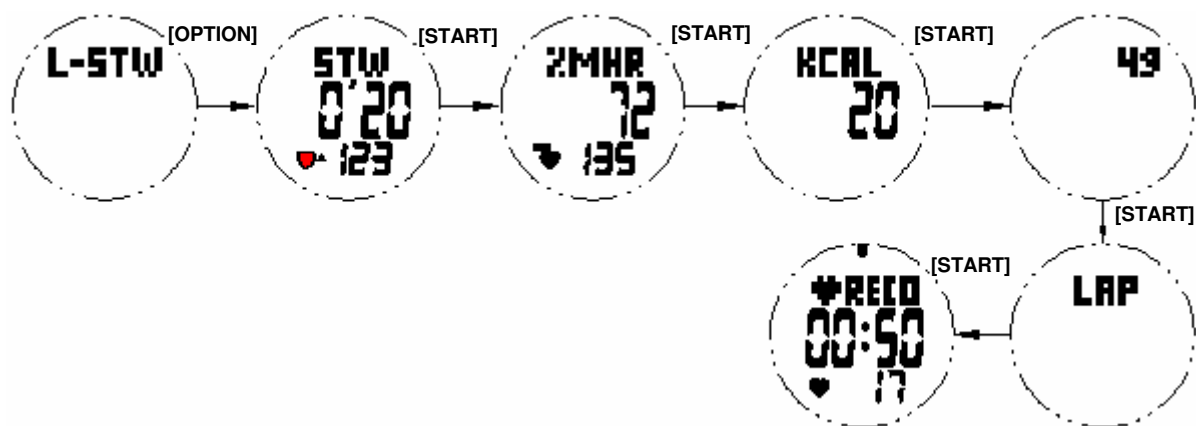
BMI index is to reflect your health information, please refer to the related BMI details:

BMI Index	Description	Notification on the Watch
<18.5	Underweight	U
18.6 -24.9	Standard	N
>25.0	Overweight	O

## EXERCISE / STOPWATCH TIMER RECORD (Single Exercise Record Only)

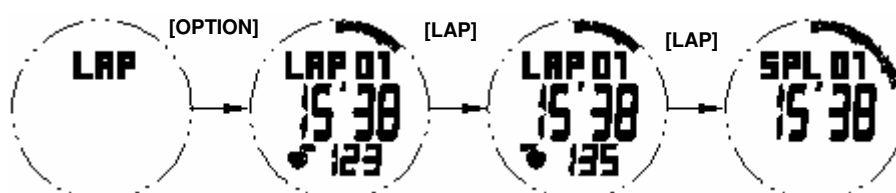
Exercise / Stopwatch Timer Record records Total Exercise Time, Average Heart Rate, Maximum Heart Rate and its related percentage, calorie consumed, fat Burned, [LAP] records details and heart rate after recovery time.




- Press **[OPTION]** under the L-STW screen will have the detailed view, press **[START]** or **[LAP]** to view its related details.



	The stopwatch timer records the exercise for 20 minutes, the average heart beat is 123BPM
	The stopwatch timer records the maximum heart rate at 135BPM, i.e. 72% of the maximum heart rate
	The stopwatch timer records the total calorie consumed at 20KCAL
	The stopwatch timer records the total fat Burned at 4g
	The stopwatch timer records the laps information. Press [OPTION] to view the related content
	The stopwatch timer records the 17BPM dropped after 50 seconds Recovery Time

- Press **[OPTION]** under LAP screen to view its related details, it shows the Lap Time, SPLIT Time, Average Heart Rate and Maximum Heart Rate of each recorded laps.



	The stopwatch timer records the cumulative exercise time to [LAP] 1 is 15minutes 38 seconds; average heart rate at 123BPM
	The stopwatch timer records the cumulative exercise time to [LAP] 1 is 15 minutes 38 seconds; maximum heart rate at 135BPM
	The stopwatch timer records the total exercise time (SPL) after [LAP] 1 is 15 minutes 38 seconds

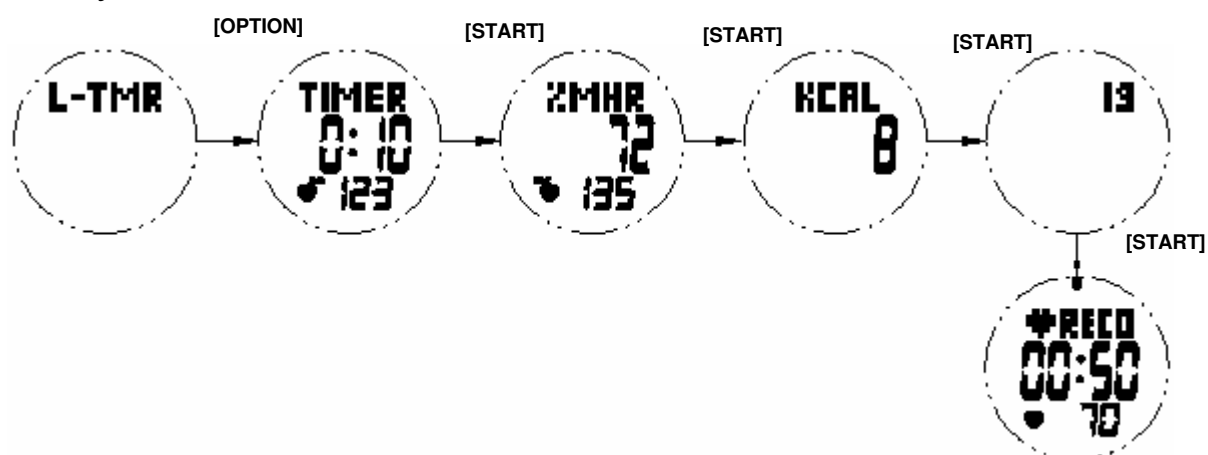
- Press **[START]** to view the detailed information of other [LAP](s).



- Press **[MODE]** to quit.

## COUNT DOWN TIMER RECORD (Single Exercise Record Only)

Count Down Timer Record records Count Down Time, Average Heart Rate, Maximum Heart Rate and its related percentage, Calorie Consumed, Fat Burned and Heart Rate after Recovery Time.



- Press **[OPTION]** under the L-TMR screen will have the detailed view, press **[START]** or **[LAP]** to view its related details.



MEMORY CLEAR

- Press & Hold **[MODE]** in the LOG mode will jump to the memory clear process

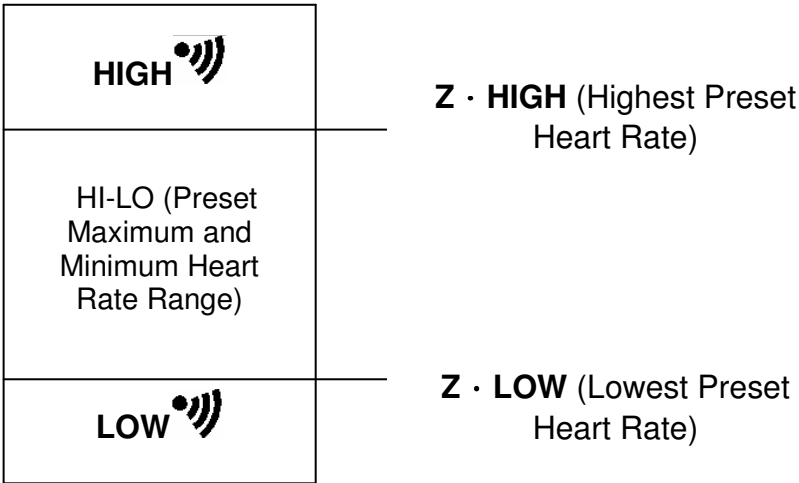


- Press **[START]** or **[LAP]** to choose “YES”, press **[MODE]** to confirm. Choose “NO” will not perform memory clear operation.

HEART RATE INFORMATION

1. Target Heart Rate

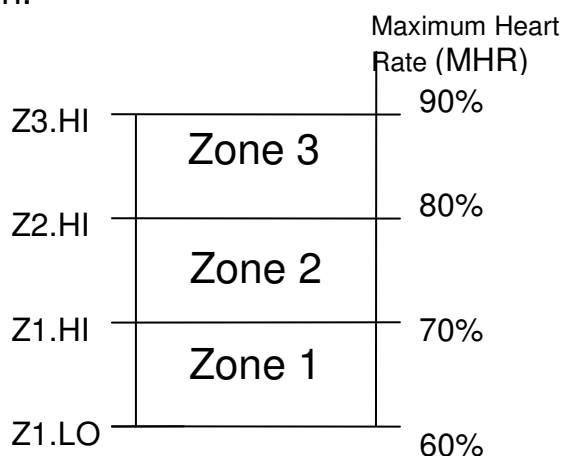
You can make use the highest and lowest heart rate to set the training zones, it can be measured through the stopwatch or count down timer counting; and your heart rate is detected. If the measured heart rate exceeds highest or lowest heart rate; and the zone alarm is set ON, the alarm will beep on every 10 seconds to remind you that your heart rate is without the training zones.



Preset Heart Rate Graph  
(Graph 1)

## 2. Training Zones

The watch contains 3 training zones to detailed understand what region do your heart rate fall within. You can use it as your exercise indicator, and move towards to your target health condition.



Training Zones (Graph 2)

- Different training zone has different effects, including fat burning, improving aerobic and lactic acid threshold zone.
- If you want to control your body health, your exercise follows the heart rate range of Zone 1.
- The training zone ranges will vary according to the difference in the personal information.
- Maximum heart rate can be obtained according to your age :
- Max Heart Rate (Male) =  $214 - \text{Age} \times 0.8$
- Max Heart Rate (Female) =  $209 - \text{Age} \times 0.7$

And make use different training conditions to obtain different training zones :

Zone	Percent of Maximum Heart Rate	Suggested Exercise Duration	Description
Zone 1 – Fat Burning Zone	60-70%	40-90 minutes	Training in this zone, your stored body fat is used primarily hence this zone is referred as the fat burning zone. It also improves the ability of your heart to pump blood and improves the muscles ability to utilize oxygen. The body is then becoming more efficient at feeding the working muscles.
Zone 2 - Aerobic Zone	70-80%	10-40 minutes	This zone is effective for overall cardiovascular fitness. Training in this zone increases your respiratory capacity to transport oxygenated blood to the muscle cells and away from the cells. Your body will then burn less glucose and more stored fat as energy source and hence it is

			effective for increasing the overall muscle strength.
Zone 3 - Improve Lactic Acid Threshold Zone	80-90%	3-10 minutes	Training in this zone helps to increase the lactic acid threshold. The intense exercise takes your body to produce lactic acid, which is a by-product of glycogen consumption by the working muscles. The point at which the body cannot remove lactic acid as quickly as it is produced is called the lactic acid threshold. Training in this zone is harsh; your muscles will easily get tired and your breathing will become heavy. This zone is primarily for people who want to increase their performance levels and anaerobic tolerance.
Above Zone 3	>90%	0-3 minutes	You will only be available training over zone 3 for a very short period. In this zone, lactic acid develops quickly as you are making oxygen debt to the muscles. Not many people can stay in this zone more than a few minutes.

*NOTE: No duration record will be taken for above Zone 3.*

The above “Percent of Maximum Heart Rate” are suggested values, it may be inappropriate if you change the related settings. It is advisable to change those settings only if you are an experienced user.

## BACKLIGHT

- You can Press & Hold **[OPTION]** for half second to turn on the backlight. If there is no key pressed within 3 seconds, the backlight will be turned off.

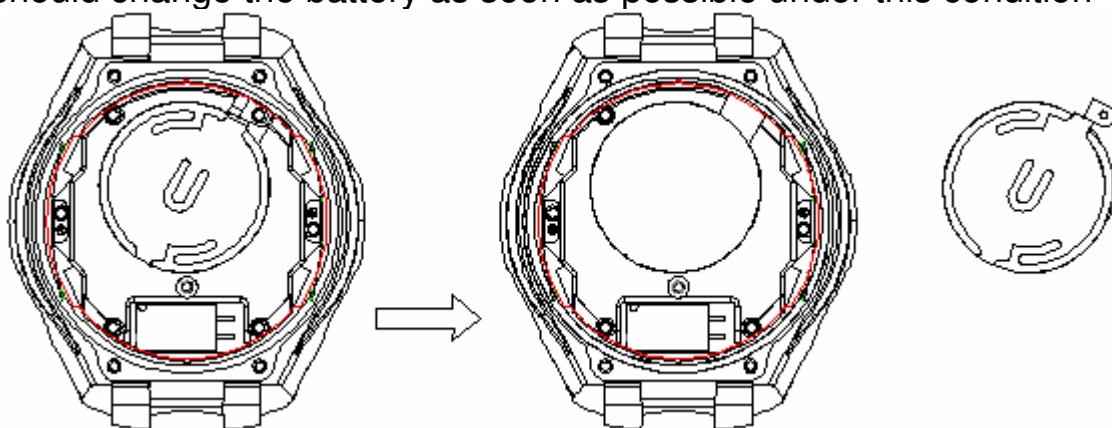
## BATTERY CHANGE

\* In order to avoid any damage, you are strongly advice to change battery in Authorized Service Center  
**Heart Rate Monitor**

- A Battery-Lo icon will turn ON when the battery level is low. Under these circumstances, the backlight and alarm sounds will be OFF too in order to lengthen the battery lifetime.



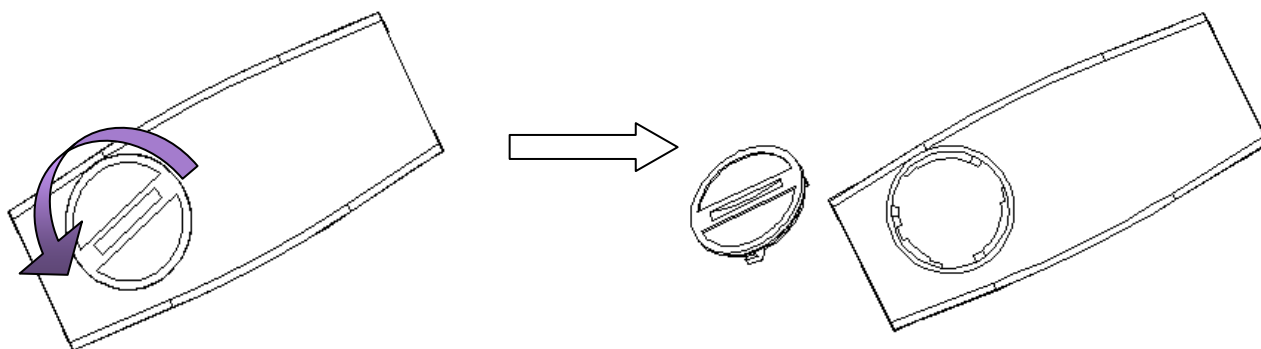
- User should change the battery as soon as possible under this condition



- Use a screwdriver to open the bottom case
- Change the battery and cover back the bottom case
- Please make sure all the parts e.g. Gasket and screws are installed properly after the new battery is replaced.

### **Chest Strap**

- If the heart information reception is unstable or not received, it means the battery level of the chest strap is not enough.



- Use a coin to open the battery holder in counter clockwise direction.
- Change the battery and cover back the bottom case.
- Screw back the battery holder in clockwise direction, please make sure all the parts e.g. Gasket and screws are installed properly after the new battery is replaced.

## PRECAUTIONS

- The content of this user manual is subject to change without notice.
- The product is supposed to resist raindrops, water splash as well as showering only.
- Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water.
- Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.
- Interference may happen when the user is near high voltage power lines, mobile phone, television, computer, trams and motor driven equipments. Heart rate measurement accuracy may be affected
- The use of this device is for sport purposes only which is not meant to replace any medical advice.
- Non-rechargeable and rechargeable batteries must be disposed of properly.
- To reduce the risk of fire or burns, do not dispose the device of in fire.
- Manufacturer and its supplier will not be responsible for any loss, damages, expenses, lost profits and lost savings by using this product.

## TECHNICAL SPECIFICATION

### Watch

- Water Resistance: 30m / 100ft (Not intended for swimming or diving)
- Battery: CR2032

### Clock

- Resolution: 1 second
- Time Format: Hour, Minute, Second, AMPM
- Date Format: 12 or 24 Hour Format
- Calendar Format: 2010 to 2099Year : Month, Date, Day of the Week

### Alarm

- Daily Alarm or Snooze Alarm
- Alarm Time : 30 seconds

### Stopwatch Timer

- Resolution: 1/100 second
- Chronograph Range: 99:59:59.99

### Count Down Timer

- Resolution: 1 second
- Count Down Range: 23:59
- Time Arrived Alert: Last Minute, every 10 seconds once in last minute, every second in last 5 seconds; beep for 10 seconds when alarm time arrives

## **Heart Rate**

- Heart Rate Range: 30 – 240 BPM

## **Preset User Information**

- Gender : Male
- Age : 35
- Weight : 60KG
- Height : 170cm
- BMI : 20.7
- Zone 1 : (60-70%) (111 –130) BPM
- Zone 2 : (70-80%) (130 –148) BPM
- Zone 3 : (80-90%) (148 –167) BPM
- Z.HIGH : 180 BPM
- Z.LOW : 60BPM

## **Calorie Consume and Fat Burn Range**

- Calories: 0-99999kcal
- Fat: 0-12959gram / 0-28Lb

## **Chest Strap**

- Water Resistance: For splash and raindrops only, not intended for swimming.
- Battery: CR2032